



Raising Kids, Eating Right, Spending Smart, Living Well

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Dear Friend of Extension,

Adversity is the grindstone of life. Intended to polish you up, adversity also has the ability to grind you down. The impact and ultimate result depend on what you do with the difficulties that come your way. Consider the phenomenal achievements of people experiencing adversity.

Beethoven composed his greatest works after becoming deaf. Sir Walter Raleigh wrote the History of the World during a thirteen year imprisonment. If Columbus had turned back, no one could have blamed him, considering the constant adversity he endured. Of course, no one would have remembered him either. Abraham Lincoln achieved greatness by his display of wisdom and character during the devastation of the Civil War. Luther translated the Bible while enduring confinement in the Castle of Wartburg. Under a sentence of death and during twenty years in exile, Dante wrote the Divine Comedy. John Bunyan wrote Pilgrim's Progress in a Bedford jail.

Finally, consider a more recent example. Mary Groda-Lewis endured sixteen years of illiteracy because of unrecognized dyslexia, was committed to a reformatory on two different occasions, and almost died of a stroke while bearing a child. Committed to going to college, she worked at a variety of odd jobs to save money, graduated with her high school equivalency at eighteen, was named Oregon's outstanding Upward Bound student, and finally entered college. Determined to become a doctor, she faced fifteen medical school rejections until Albany Medical College finally accepted her. In 1984, Dr. Mary Groda-Lewis, at thirty-five, graduated with honors to fulfill her dream.

Adversity - the grindstone of life. Will it grind you down or polish you up?

Sincerely,

Cindy Shuster, CFLE
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Sewing Smorgasbord Flyer

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HUMORAEROBICS

Lighten Up. . . Spread A Little Laughter

1. The nicest thing about the future is that it always starts tomorrow.
2. Money will buy a fine dog, but only kindness will make him wag his tail.
3. If you don't have a sense of humor, you probably don't have any sense at all.
4. A good time to keep your mouth shut is when you're in deep water.
5. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
6. Business conventions are important because they demonstrate how many people a company can operate without.
7. Why is it that at class reunions you feel younger than everyone else looks?
8. No one ever says "It's only a game." when their team is winning.
9. I've reached the age where the happy hour is a nap.
10. The trouble with bucket seats is that not everybody has the same size bucket.
11. Money can't buy happiness--but it's more comfortable to cry in a Corvette than in a Yugo.

Always be yourself, because the people that matter, don't mind. And the ones that mind don't matter.

Life isn't tied with a bow, but it's still a gift!

Where did the vegetables go to have a few drinks? The Salad Bar

A perfect spring day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. - James Dent

What kind of socks does a gardener wear? Garden Hose

Spring is nature's way of saying, "Let's party!" -Robin Williams

The Earth laughs in flowers. -Ralph Waldo Emerson

What do you call two young married spiders? Newly webs

A weed is a plant that has mastered every survival skill except for learning how to grow in rows. -Doug Larson

Gardening requires lots of water – most of it in the form of perspiration. -Lou Erickson

Ronald Reagan once commented on his choice of work. "Politics is not a bad profession. If you succeed, there are many rewards: If you disgrace yourself, you can always write a book.

A Springtime Joke

Two robins were sitting in a tree. "I'm really hungry", said the first one. "Me, too," said the second. "Let's fly down and find some lunch." They flew to the ground and found a nice plot of plowed ground full of worms. They ate and ate until they could eat no more. "I'm so full I don't think I can fly back up to the tree", said the first robin. "Me, either. Let's just lay here and bask in the warm sun", said the second. They plopped down, basking in the sun. No sooner than they had fallen asleep, a big fat tomcat sneaked up and gobbled them up. As he sat washing his face after his meal, he thought, "I just love baskin' robins."

RAISING KIDS

Strengthen Family By Changing Your Focus

Our son has never been a great student, but the stakes are higher now that he's in high school, and we can't get him to understand that. Nothing we've tried has worked -- he just doesn't care about getting good grades. What can we do?

You might try taking a whole new approach -- not only in how you deal with your son, but in how you view your family. The idea is to focus on family strengths instead of problems.

While the idea might seem appropriate only for eternal optimists, a new book, "Strong Families, Successful Students: Helping Teenagers Reach Their Full Academic Potential," suggests that this approach works for most families, but admittedly is probably more challenging than focusing on problems and assigning blame. Let's face it: When you see your children making poor decisions, you want to be sure they know where you stand. Saying something may not be pleasant, but it's relatively easy. But it rarely works.

The book, written by an Ohio State University professor of human development and family science, is supported by years of research. The basic idea is this: Families are basically a system of complex interactions. Rarely do you

see a simple "action" causing an expected "reaction" -- family relationships are too complicated for that -- especially with teenagers. Most teens tune out the moment they hear a whisper of criticism in your voice.

The answer is not to ignore the problem, but, as the book suggests, "park" it on the side as you work on focusing on basic family strengths, which include:

Sharing a common ideology.

Understanding each others' talents and abilities.

Being kind to each other and to others.

Knowing how to find and use resources wisely.

Knowing how to work together to solve problems.

Sounds good, you say... but exactly how can a parent put those ideas into practice? The book outlines a series of steps designed to empower parents to guide the family in defining and working toward success. The guidelines build on a refreshing premise: That parents can be (and should be) the experts when it comes to their own families.

Source: *Family Fundamentals*, Stephen Gavazzi, Human Development and Family Science

Blame The Brain For Typical Teenage Behavior

My children were always good kids, but now that they're teenagers, they're impossible. What makes teens behave the way they do?

Ask any parent: A teen's behavior can be attributed to anything, everything or nothing. But recent research on brain development and activity offers some answers.

Even though most brain development -- 90 to 95 percent - - occurs during the first six years of life, there's an additional brain growth spurt around ages 10 to 12. After that, up to age 20, researchers say, there's additional pruning, organizing and other changes in the brain. During this developmental period, brain activity often manifests itself in emotional outbursts, irrational decision-making, rigid thinking and general disorganization.

Researchers at the National Institutes of Mental Health, Harvard University and other institutions have used brain imaging techniques to examine both brain activity and development in adolescents and teens. It appears that the brain's frontal lobe, where people process emotions, continues to develop into the early 20s and is normally the "first responder" in adult decision-making and judgment calls.

Teenagers, on the other hand, tend to rely more on a part of the brain called the "amygdala," part of the limbic system that is associated with instinctive gut reactions, including what's known as the "fight or flight" response. Because of that, they're more likely to react quickly and misinterpret facial expressions of emotion -- for example,

they could possibly see anger in another person when, in actuality, there is none. You might also see the amygdala at work in your teen's rapid mood changes, impulsiveness, high level of emotion, and even risk-taking behavior.

As teens become young adults, activity shifts from the amygdala to the frontal lobe, allowing more control over emotions and impulses.

For parents, simply knowing that normal brain development is a likely cause of their teens' seemingly irrational behavior can be a relief. But you can do things to help smooth the transition to adulthood. For example:

Provide opportunities for teens to use their "thinking brains" for planning, analyzing, organizing, problem-solving and making decisions. Understand they have a need to become more independent and self-sufficient, but also still need positive interactions with adults.

Listen, encourage and support your teenagers. Don't over-react if they have an outburst, but have clear and consistent boundaries and expectations for behavior.

Provide opportunities for enriching experiences and healthy risks, including sports, jobs, challenging studies. Limit use of television and video games if they interfere with other activities that permit healthy socialization, physical activity or real-life problem-solving.

Source: Family Fundamentals, Melinda Hill, OSU Extension, Wayne County

EATING RIGHT

Healthy Choices Can Have Financial Payoff

My husband and I can't seem to stay motivated to eat better or live more healthfully in general. Any tips to help us stay on track?

There are plenty of reasons to choose to live healthfully -- you feel better, have more energy, and tend to get sick less often. But you probably knew that already. Another reason might not be as obvious: Living healthier tends to pay off in the pocketbook.

In fact, according to the Centers for Disease Control and Prevention, if you're overweight, you can reduce your lifetime medical costs associated with hypertension, type 2 diabetes, heart disease, stroke and high cholesterol by \$2,200 to \$5,300 just by losing 10 percent of your body weight and keeping it off.

It might help to think in more immediate terms: Stop spending \$5 a day on high-calorie coffees, vending machine snacks, fast food or cigarettes, and you'll save \$1,825 a year, plus interest. If you save \$15 a week by building meals around beans or soups instead of meat two or three times a week, you'll save \$780 a year.

Simply increasing physical activity can have an impact. According to the CDC, more than half of American adults do not get enough physical activity to provide health benefits. The nation could save \$5.6 billion in heart disease costs if 10 percent of adults began a regular walking program. According to a 1999 study in the journal *Medicine and Science in Sports and Exercise*, inactivity is estimated to cost between \$670 and \$1,125 per person, per

year, in related health-care costs.

One of the challenges in translating this kind of information to actually changing your behavior is that you don't always see immediate benefits. Taking a 30-minute walk today (and every day this week) won't necessarily save you \$670 to \$1,125 this year. In fact, you might have to spend some money to buy a pair of comfortable walking shoes. But think of it as an investment: Small but smart investments today can reap big rewards later. The key for many people is to start small.

The same can be said for financial savings goals (start by saving \$20 a month, and you'll build good financial habits that will pay big dividends in the long run). In fact, Rutgers Cooperative Extension has designed a consumer program called "Small Steps to Health and Wealth" (online at <http://njaes.rutgers.edu/sshw/>) that combines strategies to save money and live a healthier lifestyle. One of the key philosophies is that small remedies can make a difference. For example, reducing food portion sizes can cut calories and save money. The program is designed to help consumers pay more attention to their spending and lifestyle habits, and find easy ways to make little changes that will have big payoffs in health and wealth in the future.

Problems with money and with health tend to develop slowly -- but a slow and steady effort to address (or even prevent) those problems is goal worth striving for.

Source: Family Fundamentals, Dan Remley, OSU Extension, Butler County.

Protein Easy For Vegetarians To Get

What would be a protein replacement for an individual who does not eat meat or eggs?

People who don't eat meat or eggs but do eat foods from the dairy group are called "lacto vegetarians," and they have plenty of choices for protein foods.

A prime choice is dairy foods. Like other foods that come from animals, dairy foods contain all eight of the amino acids the human body needs to get from food to build the different types of protein the body needs. These essential amino acids are tryptophan, methionine, threonine, isoleucine, valine, lysine, leucine and phenylalanine. (Infants also require a ninth essential amino acid, histidine.) Milk, cheese and yogurt are all good options; choose low-fat or nonfat varieties not only if you're watching your weight but also to keep your overall fat intake to less than 30 percent of calories and your saturated fat intake to less than 10 percent of calories.

When looking at plant-based foods, only soy is a "complete protein," containing all of the essential amino acids. Tofu, soy milk, soy-based meat replacements and other soy-based foods all provide protein for vegetarians. Other plant-based foods also contain essential amino ac-

ids, but they're all deficient in one or more of them. For example, in general, beans and many vegetables tend to be low in methionine, but grains, nuts and seeds contain a good amount of that amino acid. On the other hand, grains, nuts and seeds are low in lysine, but beans and other legumes contain ample amounts.

Years ago, nutritionists believed vegetarians had to combine foods with all of the essential amino acids in one meal to allow your body to get the protein it needs, but now we know that things are just fine as long as you consume foods with all of the essential amino acids over the course of a day. So, you could eat red beans (a legume) and rice (a grain) in one meal to get a complete protein, or you could have beans at lunch and a grain at dinner, and have the same effect.

For more information on nutritious vegetarian diets, go to either <http://www.nutrition.gov> or <http://medlineplus.gov/> and search for "vegetarian diets." You'll find lots of in-depth information on not only good sources of protein but other nutrients, as well.

Source: Chowline, Julie Shertzer, Human Nutrition

Check out our new Blogs:

Looking for good information on Healthy Living and Saving Money while still eating healthy? Try our blogs at the following web address.

Live Healthy Live Well Blog <http://livehealthyosu.com/>

Eat, Save & Be Healthy Blog <http://osufcs.wordpress.com/>

Don't forget to become our friend on facebook at <http://www.facebook.com/home.php#!/pages/OSU-Extension-Perry-County-Ohio/115970095143652>



SPENDING SMART

Preplanning Funeral Can Be Well Worth Time

We just updated our wills and are thinking of preplanning our funeral arrangements. What factors should we consider as we start the process?

Preplanning funeral arrangements is a great idea, and when the time comes, your relatives will be glad you thought ahead. When people make their own funeral arrangements, it relieves family members of the burden of making difficult decisions during a particularly emotional time.

Planning can range from outlining just your basic wishes on the type of service you'd like, including favorite readings and music, to very detailed information about all aspects of arrangements, including which funeral home to use and exactly what services you want.

Such detailed planning can be a valuable use of your time: According to AARP, the average cost of a funeral in the United States is \$6,000, and it's not unusual for costs to rise to \$10,000 or more. By preplanning, you have time to compare costs and think about what's important to you.

To help consumers, the Federal Trade Commission has established the "Funeral Rule," which offers several protections, including requiring providers to offer an a la carte written price list of its goods and services. The rule makes it easier to compare costs, whether you're planning ahead or making arrangements for a loved one at the time of death. For example, the rule requires funeral homes to include the fee for a less costly "immediate burial," without any service or frills. It also forbids any fees or added

costs if you purchase a casket from someplace else. For detailed information or to download or request a free pamphlet, see the FTC web site at <http://www.ftc.gov/funerals/>.

Additional information is available from the National Funeral Directors Association (<http://www.nfda.org>) and the International Cemetery and Funeral Association (<http://www.icfa.org>). Both have guidance for consumers interested in preplanning.

Another valuable resource to investigate is the Funeral Consumers Alliance (<http://www.funerals.org>), a non-profit, educational organization affiliated with the Funeral and Memorial Society of America. The group offers 26 pamphlets on funeral planning and consumer rights. Local chapters often arrange discounts with participating funeral homes for their members.

Some people prefer to actually prepay for their funerals, but authorities urge caution if you do so. Drawbacks include the possibility of the funeral home going out of business before you need its services or mismanagement of the funds you've provided in advance. Or, your circumstances might change: What happens if you move? If you decide to prepay, review tips from the FTC and other consumer organizations and take their precautions seriously to make sure your preplanning efforts pay off.

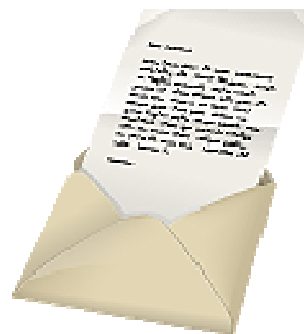
Source: Family Fundamentals, Chris Olinsky, OSU Extension, Montgomery County.

SPENDING SMART Continued

Ten Things the IRS Wants You to Know About Identity Theft

1. If you receive a letter or notice from the IRS which leads you to believe someone may have fraudulently used your Social Security Number, respond immediately to the name and address or phone number printed on the IRS notice.
2. If you receive a letter from the IRS that indicates more than one tax return was filed for you, this may be a sign that your SSN was used fraudulently.
3. Another sign that you may be the target of identity theft is an IRS letter indicating you received wages from an employer unknown to you.
4. The IRS has a department which deals specifically with identity theft issues. The IRS Identity Protection Specialized Unit is available if you have been in contact with the IRS about an identity theft issue and have not achieved a resolution.
5. You can contact the IRS Identity Protection Specialized Unit by calling the Identity Theft Hotline at 800-908-4490 Monday through Friday from 8:00 am to 8:00 pm local time (Alaska and Hawaii follow Pacific Standard Time).
6. The IRS Identity Protection Specialized Unit is also available if you believe your identity may be at risk of being stolen due to a lost or stolen purse or wallet or due to questionable activity on your credit card or your credit report.
7. The IRS never initiates communication with taxpayers about their tax account through emails. If you receive an e-mail or find a Web site you think is pretending to be the IRS, forward the e-mail or Web site URL to the IRS at phishing@irs.gov.
8. The IRS has many more resources available to help inform taxpayers about identity theft on the IRS Web site at IRS.gov. On IRS.gov you can access information on how to report scams and bogus IRS Web sites. You can also visit the IRS Identity Theft Resource Page, which you can find by typing Identity Theft Resource Page in the search box on the IRS.gov home page.
9. The Federal Trade Commission is also available to assist taxpayers with identity theft issues. You can reach them at 877-ID-THEFT (877-438-4338).
10. Visit OnGuardOnline.gov for protection tips from the federal government and the technology industry.

Source : IRS Tax Tips



Don't Miss It!



38th Annual Sewing Smorgasbord
Saturday, March 19th
Sheridan Middle School

Details in enclosed flyer.

LIVING WELL

April is National Stress Awareness Month

The symptoms of stress can easily mimic the symptoms of physical illness. To ensure you receive an appropriate diagnosis and course of treatment, be sure to discuss your personal situation with your physician.

April focuses on the signs, effects and relievers of stress. This month's calendar provides you with simple suggestions that can help you better manage common stressors as well as tips to keep you more composed during the most stressful times.

According to Bernard Kaminetsky, MD, "The more familiar we become with how our bodies react to stress, the better prepared we are to handle pressure and prevent stress from leading to serious medical conditions."



1. Know your limitations. Learn to delegate and say "no" to more responsibility.
2. Prioritize tasks. Set realistic goals and agendas to help with time management.
3. Get a massage. Massages relieve stress and anxiety, increase oxygen flow and relieve muscle tightness and pain.
4. Try relaxation techniques like yoga, tai chi and meditation.
5. Breathe. When stressed, take deep breaths. Breathing will increase oxygen flow and promote relaxation.
6. Unwind by watching a funny movie, listening to music or reading a good book.

Source: http://www.mdvip.com/pressroom/lw_0410_newsletter.pdf

You Asked For It...

Helpful Household Hints

Q. Does tomato juice work to get rid of skunk stink?

A. No. Lots of people swear that it does. But scientists actually say that it doesn't.

Why do people think that it works? A thing called olfactory fatigue ("ohl-FAK-ter-ee fuh-TEEG").

Olfactory fatigue is when your smeller gets tired of smelling a super-strong smell. (As from a skunk.) The smell overloads your sense of smell. So your nose takes a break and tunes out the funk. Ignores it. Thankfully, gratefully, you don't even notice the reek anymore!

You still, however, smell less-smelly smells. Like, for example, the smell of a dog soaked in 18 gallons of tomato juice. That you can smell. Skunk? Not so much. Your snoot's still tuning it out. You draw a natural but errant conclusion: the juice got rid of the stink. Hurray!

- Bathroom Cleaner - Mix equal parts Epsom salts and liquid dish detergent and scrub down the bath tub, sink, or shower area with it.
- Rust Stains - Use equal parts cream of tartar and hydrogen peroxide mixed together to clean rust stains.
- Bug Killer - Mix 1 tsp. sugar with 1 cup baking soda and spread it around where bugs might crawl. The sugar will attract them to eat, but the baking soda will kill them as they cannot digest it.
- Pantry Pests - Bay leaves or wrapped peppermint gum will keep bugs out of your sugar and flour.
- Coasters - Old CD's that are no good anymore can be used as coasters to set drinks on and keep water spots off your furniture.

NOW YOU'RE COOKING: A RECIPE FOR THE BUSY HOMEMAKER

Sesame Beef and Asparagus Salad

1 lb. top round steak
3 T. light soy sauce
1 T. rice wine or cider vinegar
1 T. sesame seeds

4 c. sliced fresh asparagus (2 inch pcs.)
2 T. sesame oil
½ t. grated fresh gingerroot
Lettuce leaves, optional

Broil steak to desired doneness. Cool and cut into thin diagonal strips. Cook asparagus in a small amount of water 30-60 seconds. Drain and cool. Combine beef and asparagus. Blend the soy sauce, oil, vinegar and gingerroot; pour over beef and asparagus. Sprinkle with sesame seeds and toss lightly. Serve warm or at room temperature, on lettuce, if desired. Yield: 6 servings.



Sausage Skillet Dinner

12 oz. fully cooked smoked pork link sausage, cut diagonally into 1 inch pieces
2 T. water
2 small red cooking apples
12 oz. natural frozen potato wedges
½ t. caraway seed

1 medium onion
2 T. butter, divided
3 T. sugar
2 T. chopped parsley

Place sausage and water in large nonstick frying pan; cover tightly and cook over medium heat 8 minutes, stirring occasionally. Meanwhile cut onion into 12 wedges; core and cut each apple into 8 wedges. Remove sausage to warm platter. Pour off drippings. Cook and stir onion and apples in 1 tablespoon of the butter in same frying pan 4 minutes or until apples are just tender. Remove to sausage platter. Heat remaining 1 tablespoon butter; add potatoes and cook, covered, over medium-high heat 5 minutes or until potatoes are tender and golden brown, stirring occasionally. Combine vinegar, sugar and caraway seed. Reduce heat; return sausage, apple mixture and vinegar mixture to frying pan and cook 1 minute, or until heated through, stirring gently. Sprinkle with parsley.

Makes 4 servings.

Preparation time: 5 minutes

Cooking time: 18 minutes



Ask Cindy- Your E-mail Connection

If you have a Family & Consumer Sciences question, please feel free to contact me at shuster.24@cfaes.osu.edu. I look forward to hearing from you. Also visit the Perry County web page at <http://perry.osu.edu>.

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